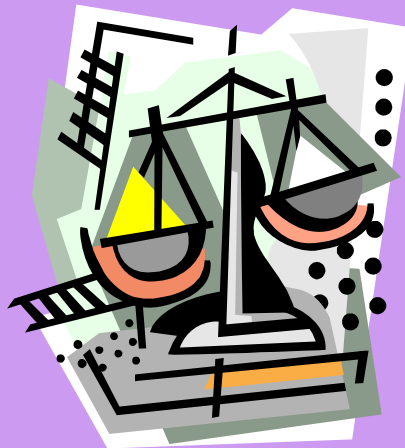

Forever Free Substance Abuse Treatment Program Outcomes Study

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Background:

What are the characteristics of national and state populations of women in prison and on parole?

- ◆ Growing population

increased by over 500% between 1980 and 1998

- ◆ Mostly due to drug offenses

11% in 1979, by 1997 nearly 35%

- ◆ Underclass population

70 to 90% were unemployed, 50% were functionally illiterate, 18% had psychiatric problems, and 10% were homeless



Background: Forever Free Substance Abuse Treatment Program

- Started in 1991
- Designed specifically for women
- Cognitive-behavioral model (Gorski)
- Participants housed separately, but mix with other inmates during meals and work assignments
- Intensive six-month program provided to volunteering women inmates during the end of their imprisonment
- Upon release, women may also volunteer for an additional six months of residential treatment in the community

Aims

- Compare the 12-month outcomes of Forever Free participants with similar inmates from the general prison population on:
 - ◆ parole performance
 - ◆ drug use
 - ◆ employment
 - ◆ psychological functioning
- Determine what in-treatment variables predict outcome for Forever Free participants

Subjects

- 215 inmates (119 enrolled in Forever Free; 96 in drug education)
- Housed at California Institution for Women near Chino
- Female
- Low educational attainment
- 66% have children under 18
- Offenses were primarily drug or drug-related
- During the 30 days before incarceration, the treatment group reported spending an average of \$125 on alcohol and \$1,976 on illegal drugs

Age and Ethnicity

	Treatment (N=119)	Comparison (N=95)
Age ¹		
Age in years (mean)	35	34
Ethnicity (percent) ²		
White	36	31
African American	31	38
Latina	24	19
Other	9	12

¹Independent sample t-test, differences were non-significant at $p = .05$ level.

² Fishers Exact Test (2-Tail), differences were non-significant at $p = .05$ level.

Drug Use History

	Treatment	Comparison
Primary Drug of Abuse (percent) ¹		
Cocaine/crack	36	54
Amphetamine/methamphetamine	28	16
Heroin and other opiates	25	21
Alcohol	6	6
Other drugs	4	3
Ever injected in lifetime (% yes)	64*	50
Received drug education or treatment during past incarcerations (% yes)	25*	39

¹ Fishers Exact Test (2-Tail), differences were non-significant at $p = .05$ level.

* Fishers Exact Test (2-Tail), $p < .05$.

Arrest and Incarceration History

	Treatment	Comparison
Lifetime arrests (mean) ¹	15	17
Age first arrested (mean) ¹	19	18
Lifetime incarcerations (mean) ¹	8	9
Age first incarcerated (mean)	21	N.A.
Controlling case (percent) ²		
Drug offenses	62	64
Robbery, burglary, forgery	27	26
Assault	4	4
Other	7	6

¹Independent sample t-test, differences were non-significant at $p = .05$ level.

²Fisher's Exact Test (2-tail), differences were non-significant at $p = .05$ level.

Methods

In-prison assessment:

- ◆ Twice for the treatment group
- ◆ Once for the comparison group (abbreviated form)

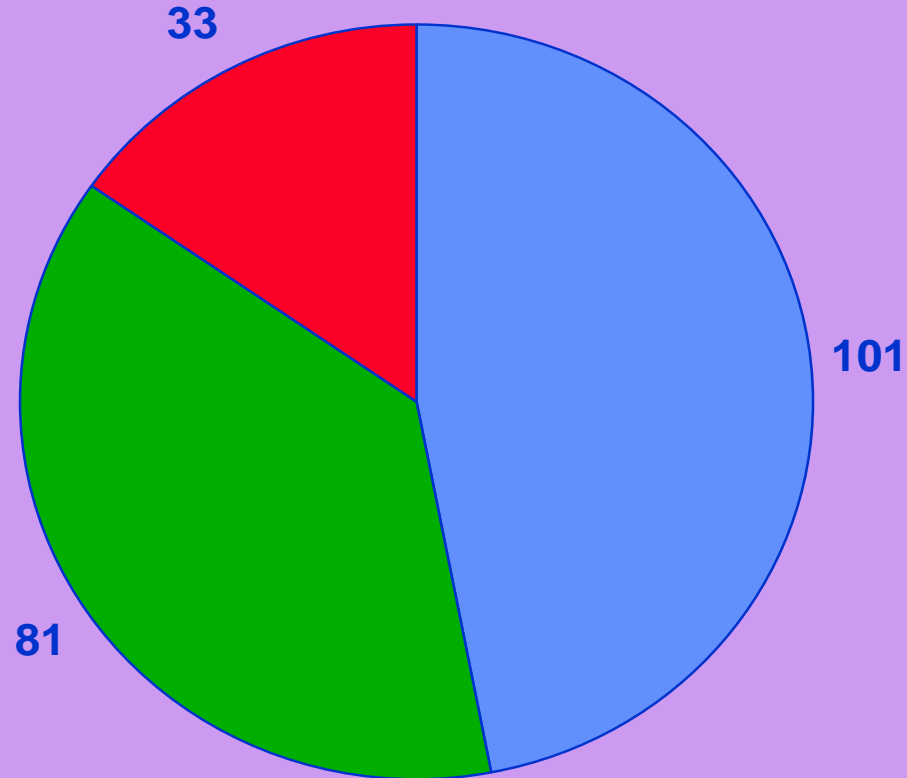
One-year post-release interviews:

- ◆ Telephone and face-to-face
- ◆ Urine samples



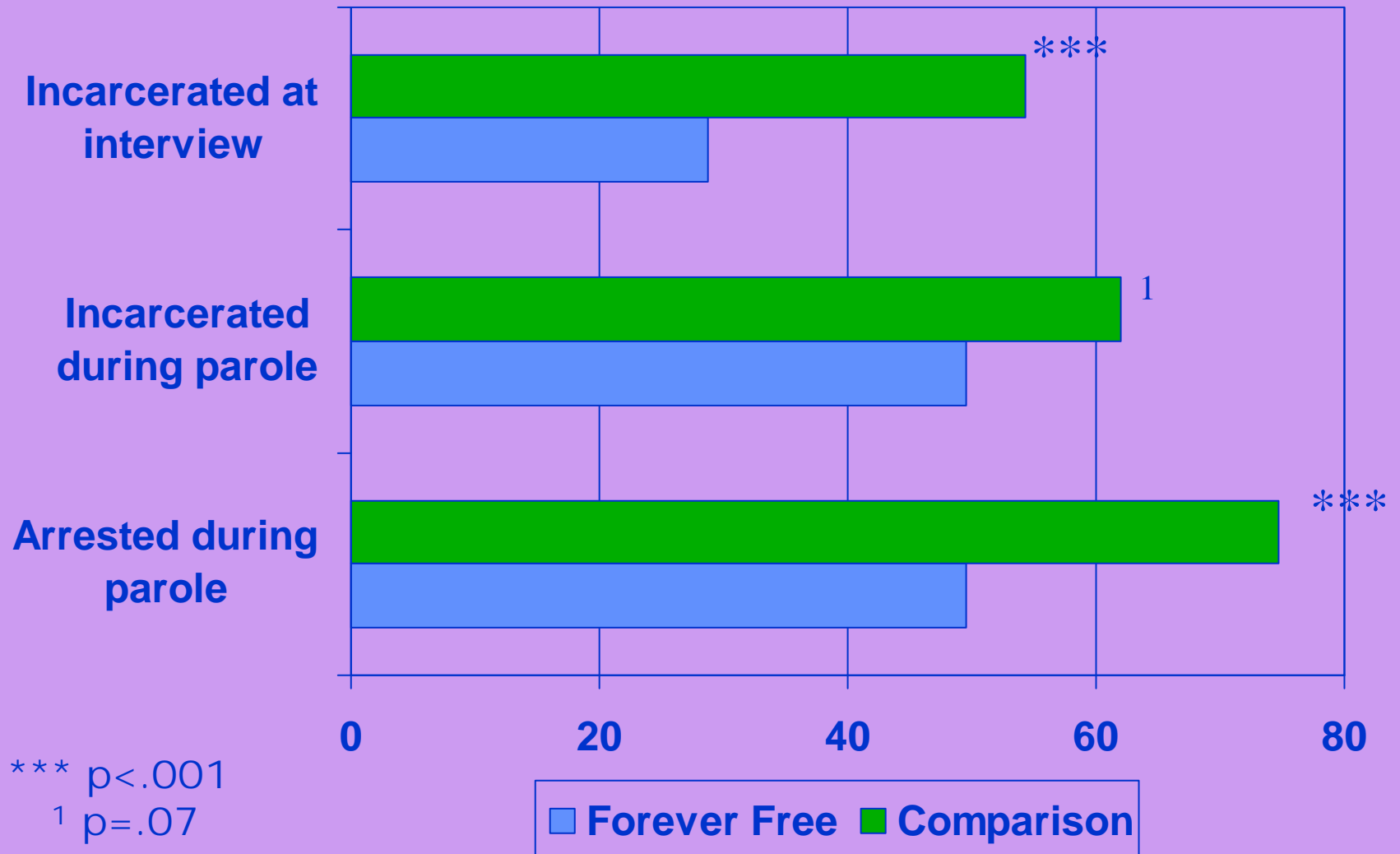
Methods: Status on 9/30/00

85% Completed

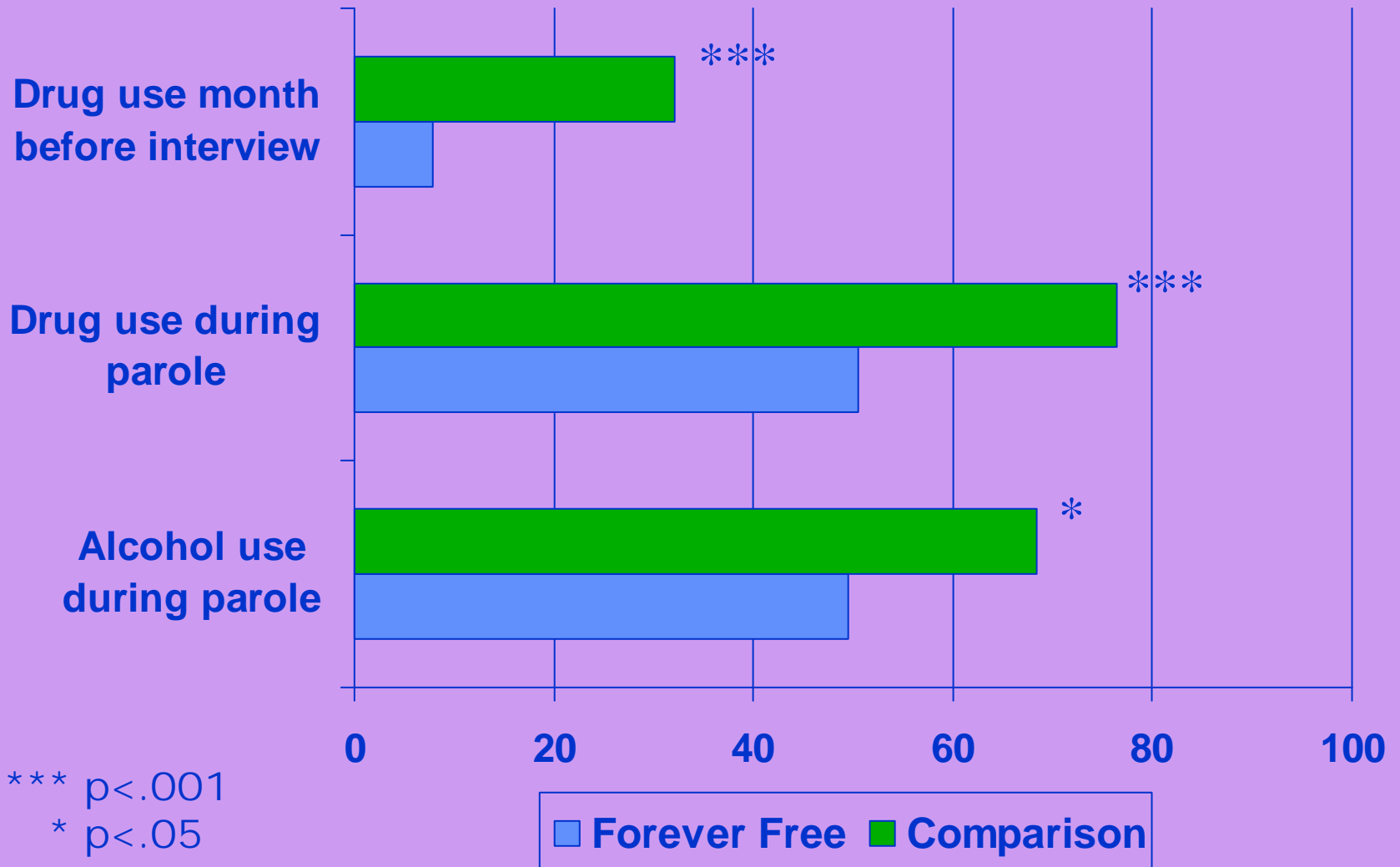


■ Forever Free ■ Comparison ■ Not located

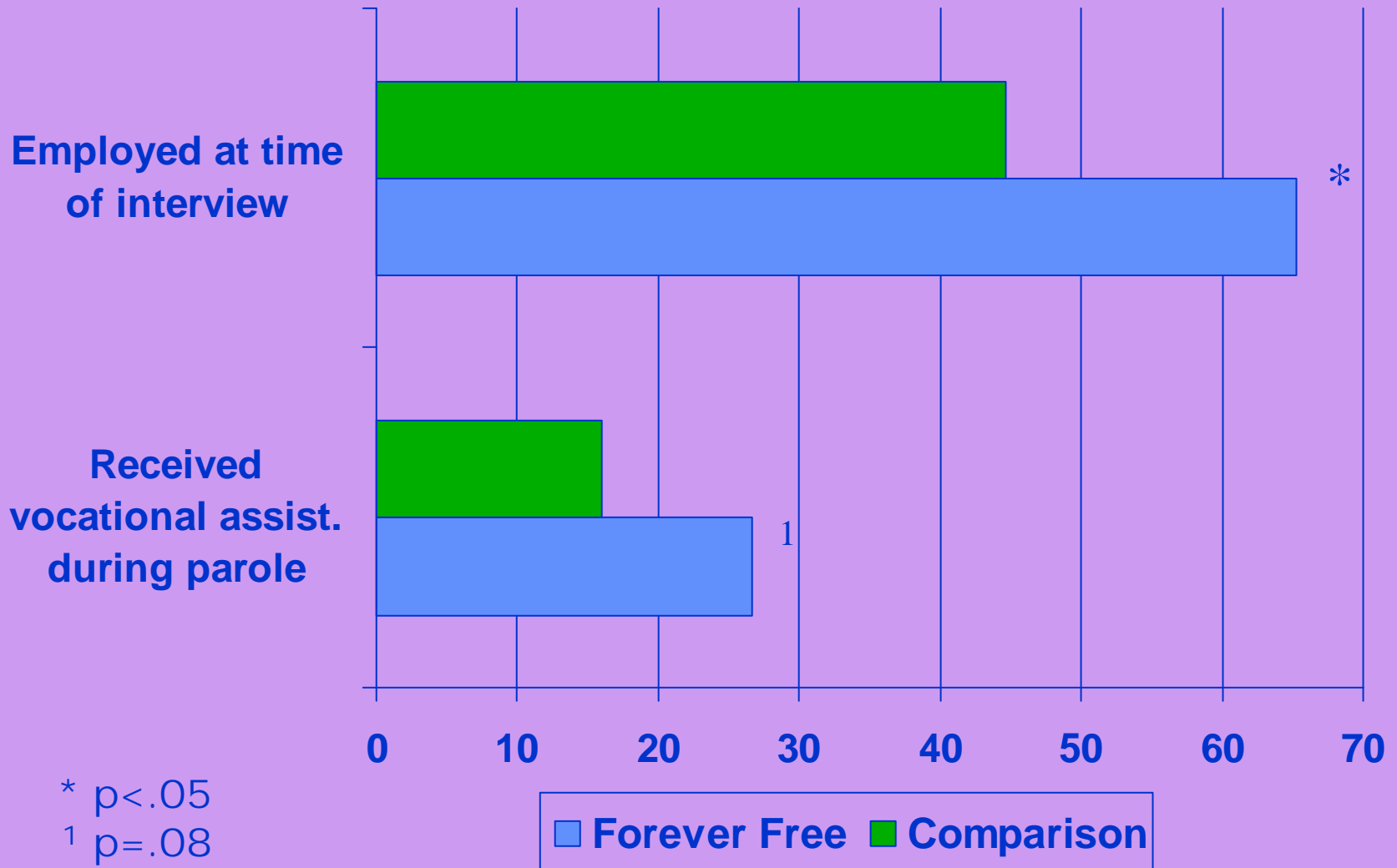
Findings: Parole performance (percent)



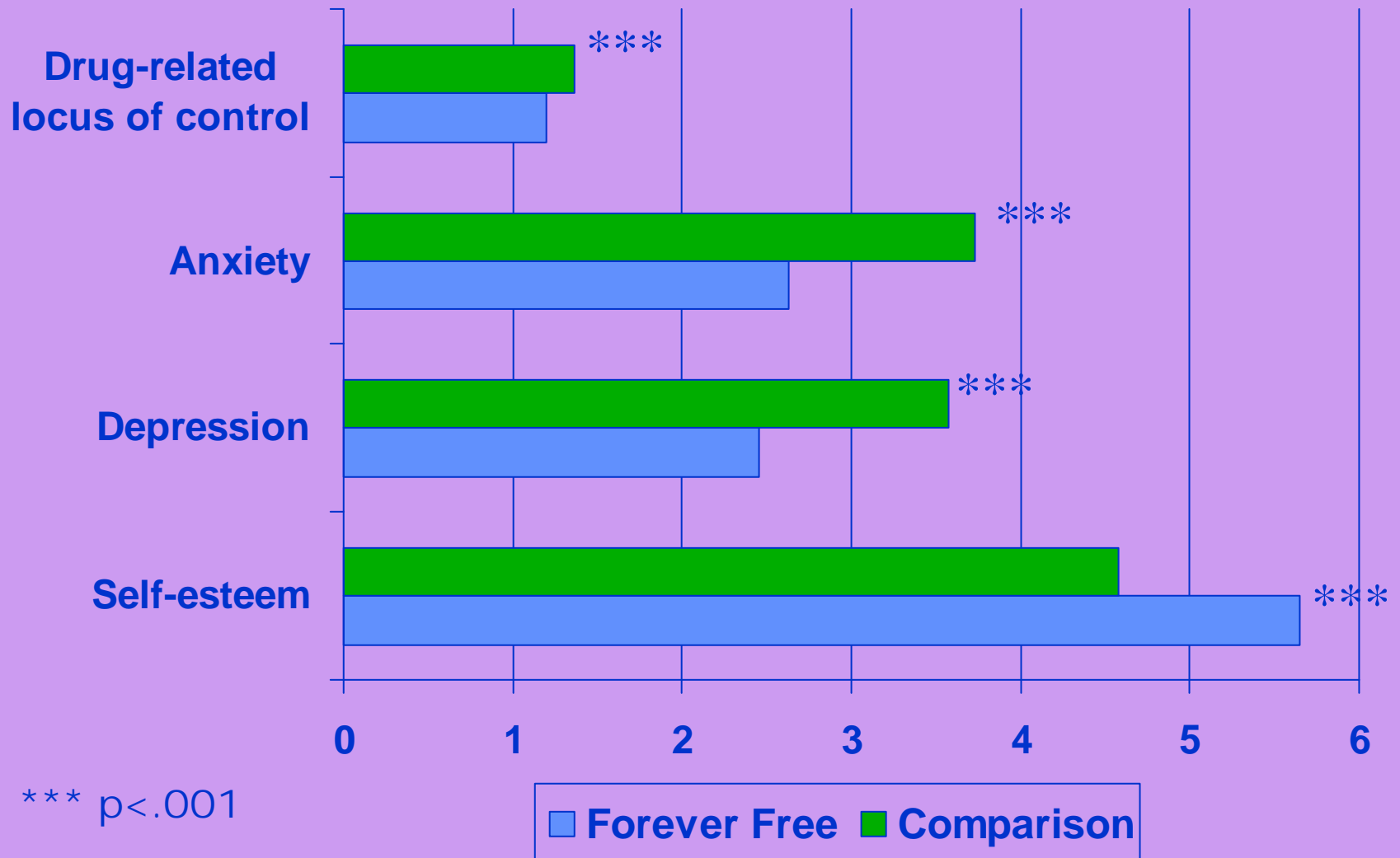
Findings: Drug and alcohol use (percent)



Findings: Employment (percent)



Findings: Psychological functioning (mean score)



Correlations

End of treatment psychological functioning	CJS interventions during 12 months post release	Direction
Anxiety	Number of arrests	+
Depression	Number of arrests	-
Self-esteem	Number of arrests	-
Self-esteem	Number of months incarcerated	-

Correlations

Beginning of treatment: treatment motivation	CJS interventions during 12 months post release	Direction
Problem recognition	Number of arrests	+

Outcomes

End of treatment psychological functioning	FF clients who did not use drugs since release (N=41)	FF clients who used any drugs since release (N=39)
	Mean	Mean
Anxiety	2.37	2.85*
Depression	1.98	2.19
Self-esteem	6.26	5.70
Drug-related locus of control	1.16	1.22 ¹

* Independent samples t-test, $p < .05$

¹ $p < .10$

Conclusions

- Women who received 6 months of prison-based treatment performed significantly better on parole on:
 - ◆ CJS variables
 - ◆ Drug use
 - ◆ Employment
 - ◆ Psychological functioning
- For the treatment group, some during-treatment psychological functioning and treatment motivation variables correlated with CJS and drug use outcomes